Happy New Year!

2015 is here and we’re looking forward to an exciting year at Liberty Commons – we hope you are too!

This month we will be celebrating New Year’s Day, Martin Luther King, Jr. Day, Dress Up Your Pet Day, Hot Tea Month, Activity Professionals Week, and much more.

Liberty Commons has many football fans and the month of January marks the commencement of the National Football League playoffs. Is this the year that the Patriots will make it to the Super Bowl? Come in during the games and root them on with us!

CAPEable Adventures will be visiting us for an afternoon of Sound, rhythm and music. Drumming has many healing properties. CAPEable Adventures has a program called Double Spirals drumming which creates balance through rhythm. Many clinical studies have suggested the increased health benefits of including rhythm into one’s life. Come join us on Friday, January 16th in our main dining room, as we share the passion for drumming and allow everyone to release the rhythm that is within all of us.

Mark your Calendars. The Arden Schofield 2015 Music Fund Concerts start with musicians performing from the Cape Cod Conservatory and Symphony on Friday, January 23rd @ 3:30p.m. in our main lobby. More monthly concert dates to follow.

Always bear in mind that your own resolution to succeed is more important than any other.

Abraham Lincoln

Have a Happy and Blessed New Year!

Stephen Franco

Director of Activities
Hi-Yo, Silver!

The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century and beyond.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of The Lone Ranger, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie The Mask of Zorro, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, and often provided the brains of the duo.

By the 1950s, The Lone Ranger had moved to film and television, and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: The Roy Rogers Show, The Adventures of Wild Bill Hickok, Bonanza, Gunsmoke, Maverick, and Rawhide. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. The Lone Ranger struck gold in 1933, and westerns have been treasured ever since.

The Magic Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon’s French Army. This code of dots, known as écriture nocturne, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army Captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.

Capable Cables

On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Sugarloaf Mountain. The valley of Gulmarg—the Himalayan “meadow of flowers” in India’s Jammu and Kashmir regions—boasts the highest cable car ride at 13,058 feet. One of the longest cable car rides is in Switzerland’s Alps. The 30-minute journey from the village of Grindelwald to Mannlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!
Brain Work

January bodes to be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik’s cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Is your mind is too cluttered with irrelevant minutia to solve January’s brainteasers? Never fear. Another little known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- On Good Friday in 1930, the BBC reported, “There is no news.” Piano music followed.

- Hydrox cookies debuted in 1908, four years before Oreos.

- Duffel bags originated in the town of Duffel, Belgium, where the thick cloth used to make the bag was manufactured.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mt. Everest; it was still the highest mountain before it was discovered.

After the Beep

While some people believe that Inane Answering Message Day on January 30 is a day to revise any long, annoying, or otherwise inane answering messages, many believe it is the perfect day to put a smile on your caller’s face by recording a silly message for their listening pleasure. Below you’ll find some wonderfully inane treasures to record on your answering machine or mobile phone:

“Hello, there. The answering machine is broken. This is the refrigerator. Speak slowly, leave a message, and I’ll stick it to myself with one of these magnets.”

“This is you-know-who. We are you-know-where. Leave your you-know-what you know when.”

“You are calling another dimension, a dimension of no sight, but of sound and mind. A journey into a wondrous land of imagination. That’s the sound of the beep up ahead—your next stop, the Twilight Phone.”

Isn’t That Peculiar?

January 10 is the day to hug the nonconformist in your life—it’s Peculiar People Day. The word peculiar is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Howard Hughes spent days in a chair in the middle of his “germ-free” zone in a Beverly Hills hotel room. Ben Franklin began his days with an “air bath,” standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call “cognitive disinhibition,” a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.
A Magical Month

Turns out January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome fire-breathing foes. These winged beasts can fly, and perhaps this is why the word dragon comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold of rovers roaming Mars? A man falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science fiction, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamity. Then February will bring us firmly back to earth.

January Birthdays

Those born between January 1–19 are Capricorns, the Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Betsy Ross (flag maker) – January 1, 1752
Isaac Asimov (author) – January 2, 1920
Elvis Presley (the King) – January 8, 1935
Robert Stack (actor) – January 13, 1919
Vidal Sassoon (designer) – January 17, 1928
Edgar Allan Poe (author) – January 19, 1809
Ernest Borgnine (actor) – January 24, 1917
Wayne Gretzky (athlete) – January 26, 1961
Oprah Winfrey (TV host) – January 29, 1954
Gene Hackman (actor) – January 30, 1930

Liberty Commons Special Events for January 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 7th</td>
<td>2:30p.m.</td>
</tr>
<tr>
<td>Jan. 14th</td>
<td>2:30p.m.</td>
</tr>
<tr>
<td>Jan. 15th</td>
<td>10:45a.m.</td>
</tr>
<tr>
<td>Jan. 16th</td>
<td>10:30a.m.</td>
</tr>
<tr>
<td>Jan. 16th</td>
<td>2:30p.m.</td>
</tr>
<tr>
<td>Jan. 21st</td>
<td>2:30p.m.</td>
</tr>
<tr>
<td>Jan. 23rd</td>
<td>3:30a.m.</td>
</tr>
<tr>
<td>Jan. 27th</td>
<td>11:00a.m.</td>
</tr>
<tr>
<td>Jan. 28th</td>
<td>2:30p.m.</td>
</tr>
</tbody>
</table>

Happy New Year from the Residents & Staff of Liberty Commons